

## MARCH 2023 - LUNCH MENUS

Resident name: \_\_\_\_\_

Unit number: \_\_\_\_\_

Please indicate your meal choices by writing the number of meals in the block next to the meal and indicating if you are choosing sit down, collect or have your meal delivered. Also please indicate the number of meals. (I.e., two lunches delivered for Tuesday 14 March 2023.)

	Week 1	week 2	week 3	week 4	week 5
<b>MONDAY</b>		<b>06-Mar</b> SWEET N SOUR PORK FRIED RICE AND VEGETABLE STIR FRY R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>13-Mar</b> STICKY BBQ BEEF SHORTRIB, POTATO WEDGES, FRIED CABBAGE AND ROAST BUTTERNUT R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>20-Mar</b> PORK CHOW WITH ASIAN NOODLES, CASHEW NUTS AND SOY SAUCE, ASIAN COLESLAW WITH SESAME DRESSING R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input checked="" type="checkbox"/> 2	<b>27-Mar</b> MEAT LOAF IN TOMATO GRAVY, CHEESE POTATOE BAKE, CREAM SPINACH AND CARROTS R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>
<b>TUESDAY</b>		<b>07-Mar</b> BEEF LASAGNE WITH ROASTED MEDITERANEAN VEGETABLES AND SIDE SALAD R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>14-Mar</b> CHICKEN A LA KING WITH STEAMED RICE MEDLEY OF SEASONAL VEGETABLES WITH SIDE SALAD R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>21-Mar</b> STICKY LEMON AND MAPLE ROASTED CHICKEN THIGHS WITH CREAM POTATOES, BROCOLLI AND PEAS R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>28-Mar</b> PORK FILLET IN CREAM LEAK AND APPLE SAUCE, STEAMED RICE, PEAS & CORN IN GEM SQUASH R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>
<b>WEDNESDAY</b>	<b>01-Mar</b> STEAK AND KIDNEY PIE WITH ROASTED PUMPKIN AND FRIED CABBAGE R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>08-Mar</b> CHICKEN SCHNITZEL WITH CHEESE SAUCE AND NEW PARSLEY POTATOES ROAST BUTTERNUT AND BEETROOT SALAD R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>15-Mar</b> PORK SCHNITZEL WITH CHEESE AND BACON SAUCE PARSLEY MASH, GREEN BEANS AND ONIONS AND ROAST PUMPKIN R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>22-Mar</b> ITALIAN FETA STUFFED MEAT BALLS IN TOMATO BASIL COULIS, MEDITERANEAN ROASTED VEGETACLES AND ITALIAN SALAD R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>29-Mar</b> OX LIVER MASH AND ONIONS WITH ROASTED PUMPKIN AND FRIED CABBAGE R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>
<b>THURSDAY</b>	<b>02-Mar</b> CHICKEN CASSREOLE WITH SAVOURY RICE, DUTCH BEANS AND BEETROOT SALAD R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>09-Mar</b> BRAISED BEEF SHIN WITH MASH POTATOES, GLAZED CARROTS AND PEAS R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>16-Mar</b> BOBOTIE WITH YELLOW RAISIN RICE, TOMATO, CUCUMBER SALAD, BANANA SALAD R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>23-Mar</b> MILD BEEF CURRY IN COCONUT MILK, STEAM RICE, BANANA SALAD AND BEETROOT SALAD R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>30-Mar</b> BBQ CHICKEN DRUMSTICKS WITH SAVOURY RICE, DUTCH BEANS AND BEETROOT SALAD R68,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>
<b>FRIDAY</b>	<b>03-Mar</b> GRILLED OR DEEP FRIED HAKE AND CHIPS WITH TARTAR SAUCE AND CARROT PINEAPPLE SALAD AND GARDEN SALAD R85,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>10-Mar</b> GRILLED OR DEEP FRIED HAKE AND CHIPS WITH TARTAR SAUCE AND COLESLAW AND GARDEN SALAD R85,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>17-Mar</b> GRILLED OR DEEP FRIED HAKE AND CHIPS WITH LEMON BUTTER SAUCE, FRIED CABBAGE AND PEAS AND GARDEN SALAD R85,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>24-Mar</b> DEEP FRIED OR GRILLED HAKE AND CHIPS WITH TARTAR SAUCE, PEA AND SWEETCORN SALAD AND GARDEN SALAD R85,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>	<b>31-Mar</b> GRILLED OR DEEP FRIED HAKE AND CHIPS WITH TARTAR SAUCE AND CARROT PINEAPPLE SALAD AND GARDEN SALAD R85,00 Delivery: <input type="checkbox"/> sit down: <input type="checkbox"/> collection: <input type="checkbox"/>

Number of standard meals selected = \_\_\_\_\_ @ R68.00 per meal = R \_\_\_\_\_  
 Number of Friday meals selected = \_\_\_\_\_ @ R85.00 per meal = R \_\_\_\_\_

TOTAL PACKAGE PRICE: R \_\_\_\_\_

4.5% discount off package price: R \_\_\_\_\_

TOTAL PACKAGE PAYMENT REQUIRED: R \_\_\_\_\_

### Terms and Conditions

1. In order to qualify for the package discount, packages need to be pre-paid for by the 25<sup>th</sup> of the previous month.
2. Packages are only applicable to 10 meals or more per month.
3. No cancellations allowed and meals not taken up cannot be carried over or refunded.
4. Packages can not be shared by more than one household.
5. Delivery meals will be charged an additional R10.00 for packaging.
6. Collection with own plates or can be done but plates need to be handed in at the Bistro at 10:00 and be clearly marked With unit number.